

Urbana Senior Center

UrbanaSeniorCenter@FrederickCountyMD.gov ♦ 301-600-7020 ♦ www.FrederickCountyMD.gov/aging

December Program Highlights

Tai Chi

Improve Balance! Improve Strength of Body!
Achieve Clarity & Focus of Mind!
Gain Calmness & Lightness of Spirit! This class is for people who have already taken some Tai Chi. This 8-week session is taught by Claudia Olson.

Date: Mondays, starting December 3
Pre-registration is required.

Time: 1:30-2:30 pm

Cost: \$24 per participant

Omelet Bar/Ask Nurse Steve

Omelets created to order! Choose from a variety of ingredients to make lunch your way. Steve Stoyke will talk about "*Walk to Health*": The importance of physical activity to maintain health."

Date: Wednesday, December 19
Sign-up by Monday, December 17

Time: Noon

Cost: \$4.80 (Regular lunch fee)

Blood Pressure Screening

Stop in for a blood pressure check!

Date: Tuesday, December 11

Time: 1:00 p.m. **Cost:** Free

Date: Wednesday, December 19

Time: 11:30 a.m. **Cost:** Free

Holiday Party

Music! Food! Crafts! Fun!

Date: Friday, December 21

Sign-up by Tuesday, December 18

Time: 1:00-3:00 p.m. **Cost:** Free

Place: Department of Aging

Living with Diabetes

(and healthier living in general)

Learn how to live a healthier life. The Towson nursing students have scheduled speakers to address explanation of test results, medication management, diet issues such as eating out with diabetes, exercise and other issues that affect the day to day management of this disease. A diabetic friendly lunch will be followed by fun and prizes.

Date: Thursday, December 6

Time: 9:30 a.m.-2:00 p.m.

Cost: Program: free

Lunch: \$4.80 (Regular lunch fee)

Lunch reservations by Monday, Dec. 3

Transportation from center: \$2

Five Health Habits

Learn about the top 5 things you can do to feel your best. Program presented by Stephanie Dunker, MSPT, Sage Orthopedic Physical Therapy.

Date: Tuesday, December 5

Time: 1:00 p.m. **Cost:** Free

Holiday BINGO

Join us for Holiday Bingo! Fun! Prizes!

Date: Monday, December 10

Time: 12:30 p.m. **Cost:** Free

Scam Smart & Fraud Free

Is it a scam? Is it fraud? What are the signs? How can I protect myself and my loved ones? Don't lose your money! Don't become a victim! This program is presented by Corporal West, Frederick County Sheriff's Office.

Date: Tuesday, December 4

Time: 6:30 p.m. **Cost:** Free